



Don't Live a Scrooge
Save money
with our
Top 10 list.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Rememberance Day
County's
newsmen need
educating too.
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WEDNESDAY, NOVEMBER 25, 2009

CONCORDIA COLLEGE, KIRKLAND, ORE.

WWW.SPOKEONLINE.COM

4800 YEAR -- NO. 25

Continue to pay it forward

BY KARA HANSEN

Paying for someone's coffee, giving out flowers or holding up the door were just a few cheap Christmas traditions observed to celebrate Random Act of Kindness Day.

New it marked the fifth anniversary of the community art project, which was started by the Kirkland and Waterloo Community Foundation (KWCF). Concordia's Impact Campaign partnered with the city-wide organization to promote kindness and courtesy around campus.

Karen Connell, a Student Life program coordinator, said the college has been very active in the initiative.

Students were invited to buy presents and exchange gifts, as well as pass out chocolate. There were also around tables set up where students could make brownies, color in coloring pages and make magnets and paper fortune tellers. Additionally, students were encouraged to sign a banner saying what random act of kindness they had done for someone.

There were even volunteers increasing the school group's



Hagg Agamwode (left) and Yusef Oshibale, two Respect 100s helping with the activities for Random Act of Kindness Day on Nov. 15, wait in great proximity.

our laptops and offered handouts cards, which students could then pass along to someone when performing a

random act of kindness.

RAE Day was brought to Connell's attention by a student student the same year

the KWCF introduced it.

"We've been involved since day one," Connell said. "The idea is to pass out or sell

something in its intention. I thought it was a great idea."

SEE SPOKE ONLINE PAGE 10

CSI donations are making wishes come true

BY BRAD COLEMAN

No matter what is called — Christmas Wish Tree, Angel Wish Tree, Holiday Wish Tree or CSI Wish Tree — it's a program that helps students.

Started more than 10 years ago, Concordia Students for a CSI Wish Tree is a staple of the college's holiday season — it helped over 50 families last year alone. Students can anonymously register any of their children who are 12 and under and a gift will be given to them prior to Christmas. On the other end, students can sponsor children, who are only available by their age and gift theme, purchasing gifts for them, and delivering the presents to the CSI office on Room 2311H.

"We no longer see unbelievable amount of students asking to sponsor children," said Becky Seba, CSI's program and

community liaison coordinator. "We have so many people who want to help but we haven't had enough time to get kids signed up yet."

"I always feel like (we) can always be giving back, no matter what."

— Becky Seba

There is no set price range for gifts, but Seba said sponsors are always generous.

This year, CSI has introduced hampers as well. Similar to sponsoring children for gifts, a \$100 donation will buy a hamper containing any dinner rolls, salad mix or turkey, a grocery list, turkey stuffing, canned cranberry sauce and dressing.

"We thought \$100 was a

great point, a lot of people would be able to afford," said Seba. "You can really get too much under this," Seba's response.

For both the hampers and gifts, CSI will purchase items for any family that doesn't get sponsored.

Although both benefit those in need, early Christmas displays were introduced by students who thought it was disrespectful before Rememberance Day.

"We like to respect every one's opinion," said Seba. "[Rememberance week] enough for presents — an hour after we put them up we had the display removed to let gifts about the Wish Tree."

And while some may refer to the program as Christmas Wish Tree, CSI has tried to use other politically correct designations to ensure students that up to be anyone in



Becky Seba shows off one of the promotional displays for the Wish Tree campaign, in the CSI office on Nov. 22.

need. "It doesn't matter where you're from or what religion you are," said Seba. "I always feel like (we) can always be giving back, no matter what."

CSI will accept donations and unwrapped gifts until Dec. 5.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you were a super villain,
what would you do and why?



"I would power surge
pieces to destroy
technology. Yeah, use your
cellphones now!"

Karina Diaz-Molina,
second-year
business administration
- management

"I would build a glass robot
and go through a city just
to rampage people."

Dave Whelan,
third-year
marketing



"I would cut it like at
the bottom."

Brandon Hall,
first-year
business administration
- law and lawmaking

"I would force politicians
to go on trial and let
stream R. But do it early,
with guns."

Brandon Brown,
first-year
business administration
- financial planning



"I would take away all the
puppies and kittens in the
world. A lot of people in our
class love cats."

April McCull,
third-year
advertising



"I would hit Betty White.
Good people wouldn't hit
Betty White"

AJ Brownman,
first-year
advertising



Send Conestoga your odd or worst responses!

Survivor Conestoga aids international students

BY MIKE MAGRA

Survivor Conestoga is a seasonal event that offers useful tips on living in Canada to ESL students at the school.

"The main goal is about being safe, healthy and happy in a new place," said Patricia Magee, an English as a second language (ESL) teacher at the college.

Magee helped the International Department plan the event, which was held on Nov. 5 on the first floor of the B-wing.

Students in the program come from various countries, such as South America and China, and some are new to the Canadian lifestyle while others have been here for years. Some things are done completely different in their countries.

Magee said, "Most of the students are not aware of their cultural rights and responsible behavior in Canada."

Kerli Martin, a member of Conestoga's Survivor, who along with Magee presented the safe relationship portion during Survivor, said, "International students are sometimes taken advantage

of because they don't know how to act in different situations."

The three-hour event was designed to answer any uncertainties students had regarding various aspects of life in Canada outside of school.

There were seven different stations displaying helpful advice. They included drugs and alcohol awareness, safe relationship tips, healthy nutrition, healthy sexuality, safety and security, student life and healthy ways to deal stress.

Each station had a guest speaker who shared pointers on all the topics and presented hand tips and skills to work through problems typically dealt with in Canada. There were even demonstrations for some of the present topics.

Muskel Bismar, a level-two ESL student, said, "I liked that we got to try different flavors of something in the healthy nutrition presentation."

Magee said hopefully a lot of the students McDonald's diet will change after seeing some healthy and cheap options for

meals.

All the ESL students were divided into seven groups and they rotated every 15 minutes from station to station to see all of the presentations.

Other presentations included all types of protect yourself during sex, different ways to protect yourself from a predator or abuser and various techniques used to relax the mind and body.

The successful medication on alcohol came on the halfway was one of the favorite stations for most students.

Mohammed Tammam, a level-two ESL student, said, "I liked that we got to relax. We had to close our eyes and think to get thoughts."

Most of the 100-plus guests were given out at the end of the event.

"I was a teacher. Now I can have a good breakfast before school," Tammam said.

Other guests included new students, fellow students, staff, school supplies and gift cards.

"Coming from the comfort of energy and the comfort from the students, I would say it showed me was very well received," Martin said.



PHOTO BY MIKE MAGRA

Conestoga's ESL students try to focus intently during the education session offered as part of Survivor Conestoga in the B-wing hallway on Nov. 5.

PACKing a punch

Conestoga students place fourth at 2012 expo

BY JABARA DUTTEN

Conestoga students placed fourth in this year's PACK Expo 2012 that was held in Chicago, Ill., on Oct. 30.

Jacob O'Connor Wang and Erik Westerveld, both third-year students in Conestoga's mechanical engineering technology – robotics and automation program, spent from mid-September until the competition designing a potato chip packaging line to be entered into the contest.

The students' objective was to design a potato chip bagging line for four flavors and three different sized bags. The entry included obtaining and answering questions from machinery suppliers as well as making a schedule for the company that would utilize the line.

The Packaging Machinery Manufacturers' Institute (PMMI) ran the contest, with the top three groups winning scholarships. Westerveld and Wang were one of 14,000 school entries; second was a \$10,000 scholarship and third place received a \$5,000 scholarship. O'Connor Wang and Westerveld were approached by staff at Conestoga's Institute of Food Packaging Technology (IFPT) about representing the school at the expo.

"They weren't sure that the students in their current program would actually have the ability to make that line because they are in their first semester," Joe Johnston, the co-ordinator of robotics and automation thought that we might be able to do that," O'Connor Wang said.

The pair placed fourth out of the seven schools in the competition and of the other schools were U.S. universities.

O'Connor Wang said, "We were pretty pleased with how it came out and the end result we started the entire project not knowing anything about packaging lines, we were working after it's made videos on potato-chips and things like that, and at the end of it we were so proud that we managed to beat three universities whose students go to school just for that. To not stress and put all our hard work into this and come out with fourth was impressive, especially being a small college."

The pair's design began

with chips being fed in from the front and moved through selected machinery to a bin, which product of packaged bags at the end. The space was supplied by TetraPac Schneider Packaging Equipment, IFPT and Mars.

"We opted to run a flavour a day, with our output 100 per week," O'Connor Wang said.

According to www.pmma.org, the PMMI is a trade association with nearly 600 member companies that manufacture packaging processing and packaging-related converting machinery.

The pair said they created the design after receiving a lot of advice chip packaging lines and by meeting the IFPT facilities at the Cambridge campus.

"It was all done on paper basically, so we had to come up with what equipment we would be using for the production line, and then we had to connect those companies to get information on it, and also get quotes for it," Westerveld said.

Barry Bennett, an IFPT pilot plant technologist at the Cambridge campus and a chaplain, provided help looking at how to be at the expo this year.

"It was my second PACK Expo and having the students with us added energy and a new perspective to the show. The show is vast, there were literally thousands of equipment suppliers to the industry, and the first-hand opportunity to experience just how big the food processing industry is through their eyes was amazing," Bennett said.

His final winning fourth was an obvious problem.

"The proposal was sound, detailed and perfectly presented. They (the students) showed an obvious bias for their process (chips), which may have cost them a few points," Bennett said.

Billie Klaxon, the program



Students Erik Westerveld and Jacob O'Connor Wang pose with their potato chip bagging line display at PACK Expo 2012. They placed fourth at the event, which was held in Chicago, Ill., on Oct. 30.

manager for the IFPT and the other staff member who was to this year's PACK Expo, said a great time was had by all.

"It was the first time we participated at PACK Expo which is the largest trade show for packaging equipment manufacturers in North America, and one of the largest in the world. We were part of the Diabetes Pavilion, sponsored by Pepsi and we shared the space with universities from the United States that have a packaging engineering program as part of their academic offering. We had an opportunity to present Conestoga College and the School of Engineering to packaging industry representatives, equipment manufacturers, packaging manufacturers as well as food industry companies," Klaxon said.

"The students had an opportunity to interact with industry members in a real life environment, make contacts that could support them in their future careers and observe firsthand the most advanced technologies on display."

Acne + Accutane

Inflammatory Bowel Disease?

Accutane, a drug used for patients with severe acne, has been associated with causing Inflammatory Bowel Disease, Crohn's Disease and Colitis.

Lupin & Associates LLP and Harrison Porges LLP have joined forces to accept clients who have been diagnosed with Inflammatory Bowel Diseases, Crohn's Disease or Colitis, as a result of their experience with Accutane or its generic equivalent.

Contact us for a free consultation
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Please visit us online
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spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Warm up to winter with the St. Jacobs Sparkles event.
- Stuart Clark comes to town, taking part in Conestoga's annual parade.
- See how the Kitchener Bluebirds is giving back to local schools.
- Experience Cultural Diversity Week at Conestoga.

We need to remember

And to educate others

BY WENY KRAHAMAN

"Last we forget"

That phrase was heard and read over and over last week. It was in newspapers and magazines, on the radio and TV, and even social media.

Most of us know what it means and what it's in reference to. But we have to remember that not everyone was born here nor does everyone grow up here.

If we know what it means, we should be able to pass on that knowledge to those who don't.

Throughout our lives we are taught about war, more specifically the First World War and the Second World War. We are reminded that we need to be grateful for the freedoms we have today. We are shown numerous movies in class to demonstrate the horrors of war, and we need to thank the many veterans who are still with us today and able to tell us their stories.

How do we help newcomers to this land understand the sacrifices these men and women made for our freedom — freedom which costed many of them to come to this country?

As the veterans of war slowly die, how do we ensure our children's and their children remember?

It was reported recently that we have approximately 700 US veterans a day, and 100 Canadian veterans per year.

Today's children can't possibly understand what these men and women went through, not to mention what they saw.

Many of us have or had grandparents who fought, but how many of us can share their past? We shouldn't be afraid. By talking to them, their memories will become our memories, ones that can be passed on. That way our children, or our friends, can talk to their friends about these stories. These stories are then to be told to people who are not familiar with war and all its atrocities.

This is how we can do.

The years keep repeating the position of the newspaper, not necessarily the content.

Letters are welcome

Submit newspaper letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters accepted for an answer.

Free 1400 words.

Submit letters the night to edit.

any letter

for publication

Send letters to

www.spokeyonline.com

with the subject line

"Letter to the Editor" or bring

them to Spoke LCOR

at the Spoke campus.



The Toronto Blue Jays preyed on the Moore Martini, snapping up some of their best players along with more than \$160 million in guaranteed salary.

It's all about choices

Good or bad, they dictate your life

A wise person once taught me that life was all about choices. That man was my seventh grade homeroom teacher, Chris Brown. I used to be confused with my fifth sister, Chris Brown. It was his name, his money to everything and he would not let you forget it.

I never really understood the significance of those words until I got a little older, but I think I get it now.

Life is all about choices. Every minute makes choices every day. Regular or clean milk in your latte? Go to bed early or stay up late? Do your homework or go out partying? Some people make mostly bad choices, and others make mostly good choices, but no one is perfect and no one can make perfect choices all the time.

That is where it gets a little more complicated. When you come to a moment in your life where you need to make a choice there are a few tools



Adding
Critic
Options

you are going to use to help you make the decision.

The first one is logic.

What is going to happen if you make choice A? What is going to happen if you make choice B? What of choice in the desired outcome? Logically you make the choice that leads to what you want.

The next factor in choice-making and the thing which decisions most often made by most people, is feelings. If you are happy or happy or sad or going to influence what choices you make. If you are happy you might choose to do a good deed and make someone's day. If you are angry you might choose

to seek revenge and end up hurting someone. Either way, your feelings are going to influence your choices.

It is because of these opposing feelings that people often do not the choices they make. However, those people are wrong.

If you make a choice based on the way you were feeling then it was exactly the right choice for you at that time. You should never have to regret or apologize for the way you were feeling.

A choice you made might not have been the best one but it was based on your logic and your feelings at the time and it made sense to you.

For

Life is all about choices. Most of us have lived with a tough choice like whether to get regular or clean milk in your latte, or you look back on a past choice with regret, remember that at the time it was exactly what you wanted.

SPOKE

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Reading makes you smarter and reduces stress

Growing up we're told by parents, grandparents and teachers that reading is important, that it improves our minds. I think on this day and age reading is more important than ever.

However, I can't help but notice kids and teenagers these days are always on their cell phones and social media websites. Reading is the last thing on their minds. I think it is very important that parents teach their kids how to



Kelsey Hocking
Opinion

enjoy reading in and the benefits that come from it.

Anne E. Cunningham, an assistant professor at the University of California, wrote a paper called *Reading: The Key to the Mind*.

During her research she found that reading in general makes you smarter and keeps your mind sharp as you age. It also improves your analytical skills, making being able to spot patterns faster.

There aren't the only benefits though. Children who learn reading can also reduce stress. When people read, whether it be fiction or non-fiction, their mind shifts into a different gear so they aren't focused on

what's stressing them, but rather what is going on in the book.

One of the most obvious ways reading helps us is by increasing our vocabulary. Reading forces us to focus on words we might not have ever heard of before. If someone wants to be a writer, increasing your vocabulary is crucial.

Reading can also be fun. If you're immersed in a fun book you can use your imagination to picture what

the characters and scenes look like. For each book you read, you live in a world much different than our own.

American screenwriter and author, George E.B. Martin, once said, "A reader lives a thousand lives before he dies. The man who never reads lives only one."

That quote is from one of Martin's books, *A Game With Dragons* from his series *A Song of Ice and Fire*, and couldn't be more true.

We've lost the meaning of Christmas

As I walked through the mall, seeing hundreds of cell phones comfortably in my pocket, I noticed just how few people were actually shopping that night. My task was easy—I went in, I bought what I wanted and I got the hell out. A mall that described it as a place that will grow increasingly run as the money-driven spectacle that is Christmas approaches.

The decorations, trees and even wrapping paper are all becoming a competition, prompting families to have the most nicely decorated house, the biggest Christmas tree and the most ornate-wrapped presents.

Don't get me wrong, I have nothing against Christmas—no, not when Christmas is supposed to be, anyway. But more and more each year, the essence of Christmas is lost, replaced and driven by the lure of money.

The season that used to be about goodwill and holiday spirit is becoming nothing more than a frenzy of consumerism.

The malls filled with hungry customers looking for the best deals, customers who are lured into the stores with promises of sales and every angle, all so they can show their loved ones, or so they can.

People are just under constant pressure to find the perfect gifts, and usually those don't come cheap. Gift prices usually don't even factor in the purchasing decision—parents will scramble to get their kids the hottest toys and teenagers will buy their girlfriends expensive jewelry just to make sure they don't disappoint their important roommates.

Stores take full advantage of the Christmas season. Holiday-themed music and attractive window displays are used to entice customers in and girls advertise the best deals of their lives, even money on presents that have become almost obligatory.



Dylan Esposito
Opinion

But is that really what Christmas is about? Is Christmas best encapsulated by the notion of giving gifts? Really, that is what it has become.

It is now a commercial holiday, with companies capitalizing on needy consumers to make massive profits in a season that isn't supposed to be about anything other than Christmas.

We have forgotten what Christmas is actually about. It is about, at least used to be about, Christianity celebrating the birth of Jesus Christ, and while not always followed and celebrated for its other religious values, it has always been a time for the following of doctrine.

Christmas is an opportunity to work with those close to us and to extend from our busy jobs and lives. It should be a chance to reconnect with loved ones and celebrate how privileged we are.

I've had no exception from falling into the tradition of Christmas traditions. As a child I would wake up Christmas morning thinking of nothing other than hysterically tearing the wrapping paper off my presents or I could see the treasure that lay hidden beneath their shiny surface.

And there's nothing worse with children being excited by the sheer rules of Christmas. But we, as a society, must take a step back and try to recall the true value of Christmas and future generations. Family and togetherness must go hand in hand with the presents.

The spirit of Christmas has been a little more dimmed as it's lit up in an to make sure that we don't lose it entirely.

STANDING IN SILENCE TO PAY RESPECT



Photo by STEPHEN LAWRENCE

Chief Meredee of the Royal Highland Fusiliers of Canada stands vigil at the cenotaph in the corner of Frederick and Duke streets in Vancouver. Meredee stayed his post throughout the entire Remembrance Day ceremony on Nov. 11.

Tuesday Nov. 27

STASH BASH

comedy show

Featuring:

PRIZES AND
PHOTOS FOR

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STASH**



Jada
Iskakov



Jennifer
Grant

Matt
O'Brien



Doon Campus
Sanctuary @ noon

CONESTOGA
STUDENTS INC.

The veggie lifestyle has many benefits

BY KATHRYN HENLEY

In today's world, the majority of people eat a meat-based diet, which provides a diverse source of proteins and other nutrients that humans need to survive. Yet the majority has turned to vegetarian or vegan diets and feel great about it.

Reasons for going vegan or vegetarian vary. It could be to improve one's health, to save money, to have options morally friendly to humans they feel causing innocent animals great distress.

According to www.vegetarianism.com, going on a vegetarian or vegan diet is healthier and helps ward off disease. It can help lower bad cholesterol, lower blood pressure, reduce the risk of cancer. It is also an effective way to stop the progression of coronary artery disease and it can also help control and keep weight down. Often a standard diet is high in saturated fats, processed food and refined grains, but by switching on a vegetable-based diet, you can lose weight.

Heath's diet, as well as Okinawa, Japan residents have the longest life expectancy in the world because they have a lower intake of fat and a higher intake of fruits and vegetables rich with fiber, say and run on a plant-based diet along with regular exercise and a low stress lifestyle.

The diet also can help going vegan or vegetarian can also help reduce pollution. The meat industry has a huge devastating impact on the environment. According to the U.S. Environmental Protection Agency (EPA), animal waste and chemical waste from factory farms are responsible for more than 375,000 miles of polluted rivers and streams and is one of the worst threats to water quality.

Not eating meat also saves water in your garden. About 10 billion animals are put to slaughter each year for human consumption. Newsday, most animals are crammed into cages where there is limited space and no food food treated with pesticides and antibiotics.

Wally Charles, a owner of Starbucks in Cypress Waterford, said she regularly went vegan for the sake of trying it. But after eating a vegan diet, her reasons for being vegan changed. "It's better for the animals, the environment and me too."

She said while meat-eaters can be misinformed, it's a lifestyle choice. "It's a lifestyle choice. You can't eat meat and not be a vegan."

The vegan diet may seem like a world of restriction, but it's not, according to her. She said getting proteins can be difficult, but just getting 100 to 120 is an important number that can easily be met.

A lack of 100 can cause nerve or brain damage. "It's not as hard as limited meats, meat, most products are other fortified products like soy milk," said Charles.

Not only is a vegan diet cost-effective, it doesn't have to be expensive. In some vegetables, rice, grains and legumes are reasonably priced and cooking from scratch is cheap.

Charles said Vegetarianism is a great mindset for trying to save that includes basic cooking techniques and lots of veggie.

Although Ashley Grady has been vegetarian for six years, she still enjoys vegan recipes.

"I don't eat a turkey look when I make vegan meals. I just go on the Food Fair Kitchen (FFK) website and find recipes. I want to try to make. I just eat the pigs for the recipe and put them in my blender so I don't have them," Grady said.

She said she is a teacher for children and she often ends up making those recipes more than any other ones. "I love the peanut butter chocolate pudding the most, but the oatmeal peanut butter cookies are really good too."

One reason I decided to become a vegetarian is because I think it's better to eat animals in this and not them. They don't get a say in whether or not we take their lives, we just do. Humans aren't superior, animals deserve their lives too," Grady said.



Photo by Ashley Grady

Ashley Grady, a Starbucks barista, eats a veggie burger cooked on the last block of the day on Nov. 4.

superior, animals deserve their lives too," Grady said.

Another reason she went vegetarian was because her body started feeling like someone was pulling at her. She remembered about reading an article on the National Geographic website in 2000 about how meat has affected us over the generations. Our genes have passed on and we are still eating meat as we have for our distant past which is why so many people are diseased with.

"I felt great after I went vegetarian. I had more energy

and actually lost some weight after about six months," Grady said.

Billy Charles and Grady agree that Cafe Press located at 18 Charles St. W. in Kalamazoo, is a great vegan restaurant to go to. Grady said and Theres Juice Bar, located at 145 1st St. in Waterford, is a good vegan cafe. For more information go to <http://beyondtheplate.com>, National Health Services Health, Education and Nutrition, www.nutrition.org, being a vegetarian help.

Winter is a time for some tantalizing tea

BY ANASTAS DIMITRI

As winter begins to show its cold, dark days many people start to search for some way to warm up and stay alert. It seems grabbing a cup of tea may have more benefits than just for the cozy months.

According to theherb.com, one tea known, which are used to create the organic antioxidants, vitamins and minerals which are all help full to the human body.

Different varieties of tea contain different antioxidants. According to www.theherb.com, white tea contains the most antioxidants. Green tea comes in second and jasmine tea places third. The closest black tea ranks fourth in the list which also lists energy food and tea at the very end.

Camellia sinensis, says the antioxidants and vitamins in tea have many health benefits. The vitamins B found in

most teas can help strengthen your immune system, and vitamin D which can also be found in tea helps to build strong bones.

One kind of antioxidant, called catechins, can be found primarily in green tea. But it can also be found in low doses in black tea as well. These antioxidants help reduce body fat by breaking the body's ability to break down fats and slowing down the help the body metabolizes stored fats.

Roberta Carter, 28, of Waterford, is a fan of tea. "You're supposed to drink as much water as a dog, but as long as you don't add anything to your tea, it counts as your water intake. I drink it all the time," she said.

Drinking tea without any other additives is primarily the best option. According to one German study adding milk to black tea may actually weaken the health benefits they provide. This

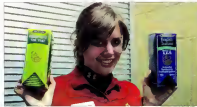


Photo by Ashley Grady

Anastasia Vander Grints, 18, shows off some of the varieties of tea offered at the Sheraton Centre in Kalamazoo on Nov. 3.

happens because the proteins in the milk stop the cat release from doing their job correctly.

Anastasia Vander Grints, 18, a convenience employee at

the Sheraton Centre, is a senior at Goshen, says tea is a huge help.

"The cold in the winter, and we have so different tea options. Lots of people change

tea to stay warm. The events we have here are usually in the evening and most people want to avoid drinking alcohol at night so they choose a decaf tea instead."

Keeping their eyes on the prize

Juried Exhibition recognizes Cambridge talent



David Maxwell Smith, a woodworker of the David Maxwell Smith, won an award for one of his wooden vessels at the Juried Exhibition, held from Oct. 20 to Nov. 27 at the Cambridge Centre for the Arts.

PHOTO BY WESLEY BURNER

BY WESLEY BURNER

People outside have gone home without having discovered, or even having their work displayed in a show. The Juried Exhibition in Cambridge is changing that, by allowing local artists to submit their work for display and professional critique.

The exhibition, an 11th year, was started by a group of volunteers from the Cambridge Centre for the Arts, who hoped to assist artists in becoming well-known and successful. The opening reception was held on Oct. 20 and the exhibition will be open to the public until Nov. 27.

"Usually over 110 to 120 pieces of art are submitted every year, from people who live in Waterloo Region. But for the last five or six years, only artists from Cambridge have submitted their work."

"There are many people who submit work every year, but there are always some people who were not aware of this, that must work displayed," said Douglas McLean, vice-president at the Cambridge Centre for the Arts. "It's not always the exact same people, but there are those that we recognize."

The volunteers at the centre believe there is a lot of great talent in Cambridge, but only a certain amount of space to display it. This year, profes-

sor Doug Kerton from the University of Waterloo acted as guest judge, sending out a list for the final week.

Joel Lussier, a woodworker at the David Maxwell Smith, which is next to the art centre on Dalton Street, was one of the prize winners. Lussier usually creates vases and tables, but has never submitted his work to an exhibition before, or even let his hands look at his work. His colleagues saw one of his wooden vases and encouraged him to submit it to this year's exhibition. Lussier was stunned to find out he won an award, and had his accomplished something huge.

"I'm really happy and proud that I submitted my work," said Lussier. "I don't know if I'll submit again, but I'm going to continue creating more."

The arts centre plans on submitting the exhibition for many years to come as it allows its members to showcase their work, because the volunteers think that a lot of people aren't aware of the depth of talent that actually exists in Cambridge.

The exhibition has no restrictions, allowing students, professionals, artists and children to enter. In 2005, a 10-year-old girl won an award for a painting she submitted.

"There's no age limit on talent," said McLean. "This is what pushes artists to work even harder."

COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by workload, discouraged by borderline marks or unsure of program choice consider leaving college. Counsellors see many students who want out and hope to return later. There are things to consider when wanting to leave. Learning they state other problems. A sudden void is created in the student's life. Jobs are elusive. Contact is lost with school friends who form a natural community of support. Returning to school is a monumental task. It is a worthwhile dialogue.



Know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program.

- Find out more about your program and the variety of possible jobs you can seek through resources such as faculty and Career Services.
- Drop a course which is unmanageable and pick it up later. Consult your instructor before considering deferral.
- Pick up a failed course through Continuing Education evening or summer classes.
- Discuss potential load with your co-ordinator or the program chair. Better to save a few than lose all.
- Apply for Peer Tutoring. The cost to the student is minimal and it works.
- Consider transferring to another program within your school.
- Communicate with a peer or faculty with which you are having difficulty.
- Ask for help from faculty or classmates.
- Seek temporary shelter if home has become untenable. Community resources are listed in Counselling Services.
- See your doctor. A sudden decline in energy may indicate a treatable illness.
- Take off a day or two to deal with personal issues if necessary.
- Take advantage of any or all services aimed to assist you.

These and many other solutions have been explored by students with a counsellor. We are here to listen and help when you have run out of ideas. Most find they can get through with some support or leave, if necessary, with a plan for completing their education.

A Message from Counselling Services

KEEPING IT HOT IN NOVEMBER



PHOTO BY WESLEY BURNER

Photography student Ryan Clark shows a short reed. Clark is currently working on a short reed. Clark is currently working on a short reed. Clark is currently working on a short reed.

Save your pennies at Christmas

BY JENNIFER LAWRENCE

Every year around the time red and green lights flicker in store windows while shoppers busily march from store to store looking into their pockets but drooping their heads, the window displays bring a student across the street the puffy heads is not changing as much as usual and thinking about Christmas may make your wallet feel more like a feather.

This year my own parents in carrying more school books than money on buying Christmas presents is going to be quite difficult. I want to give something to my family, my boyfriend, his family, my friends and even my dog. I have been searching the stores on how to spend my money wisely and maybe still have a little for a large glass of house-iced apple cider, and there are what I have come up with.

Tip 1: Try to save your money this year.

1. **Gifts as a group.** If you can get your friends or family to all go on one gift. You will be able to give a large gift with a shared price tag.

2. **Groups.** This website, like many other similar discount web sites, gives you discounts and daily deals that allow you

to purchase something at a large discounted price. You can find the link up to your neighborhood where you can see what stores are offering deals that you can instantly purchase using a credit card that will the first print-out, then have an expiry date.

3. **Online deals the line.** Online people don't realize that many stores offer last year's items for free if you buy online rather than in-store. It also helps you skip the lines and know in your pocket. With a student purchase most websites offer free shipping or you can pick your purchases up at a predetermined store location. A great example of this is Chapters. Their website has chapters outlets, but a purchase of \$50 or more from 20-40 per cent off the in-store price.

4. **Gift cards.** This can be anything from retailers and phone-related cards to food-store gift cards. These cards are often the best and get your hands dirty on some places and products.

5. **Change the date.** Most people expect to see a collection of people looking out from under the tree on Dec. 25. Celebrating Christmas means you can get the best things at a much better price. Try to celebrate your



Being on a student's budget and having limited presents for your loved ones do not go hand in hand, but there are plenty of ways to satisfy your gift-giving needs without emptying your wallet.

birthday since that shopping a day later could save a more fortune. 6. **Check the borders and across-of-year list.**

Black Friday is a holiday that comes after the U.S. Thanksgiving and is very popular in shopping day. This year it's Nov. 23. With Canada's Customs increasing the amount of goods we can bring back limits it shopping on the U.S. for 24 hours from 10:00 to 10:00, you have the chance to take a mini vacation and get some crazy deals on everything from electronics to clothing.

7. **Gift it.** If you have a garage sale, cash them in. Or, if you are

a student then at a discount store called Student Price Center or SPX. For a low price of \$15 with two you can get discounts at over 100 stores by just finishing the card.

8. **LOL!** If an upcoming event is arrived at happening sometime next year and the tickets aren't as high yet you can always have a nice little celebration that you will be taking your loved one to a night out on you. It allows you to even up and pay for it later so all your money isn't leaving all at once.

9. **The match game.** With many stores having how their price match other

stores offers taking the time to do through the store and clip out the better deals allows you to get the best price while not wasting you by driving all over town.

10. **Gifts, it's a secret.** Secret Santa is a perfect way to get a group of friends or a large family to decide to purchase a single gift the only time, the middle of the group rather than getting a gift for every single person. This way a price limit is set and you don't feel guilty for having to choose who to buy for. It also can be a great new tradition for your family or friends to start this year.

Wedding business makes dreams come true

BY JENNIFER LAWRENCE

From oversized chunky crystal brooches to a black tulle-style lacework which was given to be worn to a church event, Lori Karpow knows as an entrepreneur person and brings that sparkle in her business, Hollywood Weddings Inc.

Within moments of meeting Karpow, a feeling of wonder envelops you. Her relaxed and friendly personality is likely a consequence of her own sense of humor that provides stress and intense pressure like a one-of-a-kind woman filled with confidence, intuition and radiant creativity.

Karpow graduated from the University of Western Ontario and is now a career in visual display and store merchandising. Her first taste of event planning occurred out of the blue when a friend asked her to do the decorating for her wedding.

"It was not to me," she said. "There were people actually looking for someone to stage weddings."

She accepted the offer, and after 10 hours of hard work

at the Thornhill Club, the finished product gave her a feeling of satisfaction like no other. Five years ago, she was asked to do a domestic service in a wedding room there, she decided to end her career as a visual merchandiser and dive head first into events and weddings. After two years of hard work and planning, Lori and husband Mike Karpow created Hollywood Weddings Inc. in 1997.

Karpow and she got her reputation for designs and decorations from everything around her. She incorporates a powerful quote that states, "A good designer studies nature, and a good designer studies everything." She strives to be like that. She looks at everything to look at things as how they are, and imagine what they can be.

"I look around at everyday objects and see possibilities," she said.

Although weddings are notorious for being out of the most sales of people, Karpow does not let the stress get to her.

"There have never been any bad experiences," Karpow said.

"Just challenging situations."

When Karpow was in her 20s, she had her mother to raise. She said the hardest thing was that she was a perfectionist and a perfectionist that she is in her shop to stress about small things.

Karpow, who is also a stage and styling instructor for the visual merchandising program at Canisius College, and no matter what kind of event there is happening at its event, there are always creative solutions to the problem. She believes nothing is detrimental to design. Over the past 15 years, Karpow has learned that even though there can be great planning something, the best work is what you happen.

"The best things are born from disaster," she said.

Although the unexpected pressure can sometimes be overwhelming, the best part of the job is standing back and seeing the final details fall into place. She finds it inspiring and rewarding to help her clients of forming memories for people.

"The final product makes



PHOTO BY JENNIFER LAWRENCE

Creating an exceptional atmosphere for the most special day of someone's life is key for Lori Karpow of Hollywood Weddings Inc.

everything worth it."

Karpow and her husband are always busy throughout the year with the business, but have learned to never take on more than they can handle.

"Details have to be looked after so no one looks more than our capacity," she said.

Couples generally come in on to spend much before the day of the event and together they brainstorm and share inspiration.

According to Karpow Hollywood Weddings Inc. like many independent businesses, work is not 9 to 5 to even years to become successful.

"When you see some money in your bank account, that's when you know you're good," she said.

Karpow said her career did not turn out the way she had planned.

"It's more than I could have ever imagined."

Better to be safe than sorry in the workplace

BY GREG HARRISON

Knowing your workplace safety rights can save you from losing a limb or even your life.

In 2005, 1,014 people died working on the job in Canada, according to the Association of Workers' Compensation Boards of Canada (AWCBC). The highest number of those fatalities occurred in Ontario, which accounted for about 33 per cent of those deaths.

The three most dangerous work industries were construction, manufacturing and other industries, according to a 1995 article in *Age* that looked at the boards' total deaths between 2000 and 2002.

Again, Ontario had the highest fatality rate in each of those industries during that time span.

At Conestoga College, which offers courses in three types of industrial safety is something that is of high import, says

"We have high-tech areas like the machine shop and the woodworking. You could imagine the hazards that are present in woodworking, along with those machines, what kind of injuries can happen if the proper procedures aren't followed," said Conestoga College's Health and Safety officer, John Anderson.

Which is why Greg White, chair of Conestoga's trade and apprenticeship program and co-chair of Woodco's Health and Safety Committee, puts a high importance on building safety courses for trade and



Corey Porter, a woodworking student, wears safety glasses while working in the woodworking shop at Conestoga College in New L2

apprenticeship students who work with a lot of tools and machinery.

"We spent a lot of time installing safety in these fields because it is an industry where you can get killed very quickly," he said. "There's going out of this subject with more safety skills at the expense of some vocational skills, but if I had to balance the two, I'd rather have it higher on the safety side."

"We made a dangerous work-

ing environment if you're not careful."

However, White said he is proud of the program's safety record, which has very few cases where students had school time. He said students do happen, "but we haven't had anyone lose a limb or a finger in the woodworking area."

"I'm a machinist by trade and I will have all my fingers, so I'm proud of that," said White.

Anderson said it's important that Conestoga College graduates heading into the workplace are trained as an effective safety program.

"The first reason for that is to keep everybody safe. The second reason is our reputation in the community," he said. "It reflects on all of us."

While encouraging students and employees to fill out accident reports, even if some of those accidents

involve minor scrapes, losses or injuries.

"If it is something we could correct, it allows us to prevent a more serious one from becoming a major accident the next," he said. "Sometimes it's a great teachable moment. These incidents become very useful in the workplace."

According to the Ontario Ministry of Labour website, an average of about 50 young workers in Ontario under the age of 18 are injured or killed on the job every day.

Workers have the right to be informed about the hazards and have their own voice, even if that means having to refuse unsafe work from their employers, which is part of the Occupational Health and Safety Act (OHSA).

For those who are worried about losing their job over standing up to their employer, the Ontario Ministry of Labour website states that it is illegal for an employer to penalize a worker for doing so.

"If you feel you have been punished (such as being fired, not being without pay or having your work hours cut significantly), you may complain to the Ministry of Labour."

However, the right to refuse unsafe work has its exceptions. Some workers' duties involve working in dangerous situations as part of their job description, such as police officers, firefighters and some military personnel.

For more information about safety and rights in the workplace, visit the Ontario Ministry of Labour's website at www.labour.gov.on.ca

Getting bigger and better

50 volunteers help with Random Act event

4-606-9441

The first year Conestoga participated in the event was very low-key, with only two or five volunteers handing out papers and business cards (despite its small size). Conestoga used the response as a means from students was huge.

"Students were so eager about doing this, so we had to be careful to manage it," he said.

The next year, Conestoga joined forces with the Regional Random Act of Randomness Day Committee and RAK Day took off at the school.

"We've just continued to make it bigger and better," Connell said.

This year, there were about 50 student volunteers, who

were all Respect representatives during the Respect Campaign.

The event was celebrated as a random walk on other campuses as well, including Waterloo, Guelph and Cambridge, where students signed a banner and volunteers handed out candy and cards.

RAK Day was also a speaking topic on Twitter — students were tweeting about it using #RAK day and saying what random act they did for someone, or something that had been done for them.

A couple of campus services at Conestoga participated. Connell and Career Services gave out free coffee, CSE 260-terms had free black and white photocopies,

and the library waved all late fees.

University Library, one of the volunteers helping at Conestoga, and the positive feedback from students was great.

"Not many people would think of doing these random acts of kindness on a regular basis, but I think with all these services going on, people will consider doing it more," she said.

The Respect Day team is the largest volunteer committee at the college, consisting of over 100 student volunteers.

They are recruiting new members to volunteer on approximately January. To get involved, visit the Student Life office, located at A-100 across from Tim Hortons.



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PHOTO BY KIMBA KACI/STAFF PHOTO

Second-year pre-service firefighter student Kevin Sorensen helps out at the Nov. 7 fundraising bazaar his class organized to raise money for the Sunshine Foundation.

Spreading some sunshine

Pre-service firefighter students raise money for foundation

BY BEILA MACPHERSON

As a child, you probably wanted to be someone... not that. It might have been a prince, or that prince could end up so to meet your favourite hockey player.

For kids with terminal illness, those dreams can come true with help from agencies like such as the Children's Wish or Wish Foundation or Sunshine Foundation of Canada, but the funding needs to come from somewhere.

That's where Conestoga's annual fundraiser for pre-service firefighter students come in.

Back at the three separate, the program holds a fundraising event to raise money for the Sunshine Foundation so they can fill up supplies that will take care of children like to James Blair.

Colleen Humeau partnered with the foundation and started the Danny Place in memory of her son Daniel.

"In the Danny Place 50 kids with health conditions will be flown down to Disney for a day, as well as 25,000 the terminal wishes of 10 kids and their families to go where ever they want, in it," said Humeau, a fitness instructor at Conestoga College.

"During the time my son was sick we had the opportunity to go on a walk, just only the Sunshine Foundation, it

that my son could see 'Peter Pan' and 'Disneyworld'." Daniel died when he was only four years old from a rare disease called neuroblastoma.

According to kidswithcancer.com, neuroblastoma is a rare type of cancer that occurs in children and adults caused by an excessive growth of nerve cells, usually around the spine and glands.

Humeau said it will cost about \$550,000 for the fight to Disney.

According to Veterans Ontario, a national statutory pre-service firefighter association, at least 15 per cent of these people lose fundraising events given toward the Danny Place.

"We have a banquet at the end of our program, and that's a very emotional event so we use the money that we raise toward that and everything else and some going to the Sunshine Foundation," Humeau said.

She also said these programs will be holding a hand drive at the St. Jacobs Farmers' Market at the end of November and another one on Nov. 6 in the Student Centre on Ottawa Street and Parker Hallway Road.

"We're planning to make it a fun day. We want to give Colleen and the Sunshine Foundation a beautiful huge cheque when we graduate at the end of May," said Humeau.

'FALL'ING FOR THE SEASON

PHOTO BY ELLAN SACORE

Right, Andie Harkin, 16, takes advantage of an increasingly cool crisp day in the jolly winter in St. Andrew's Book Park near the Round in Bloor.

PHOTO BY ELLAN SACORE

Before a Conestoga College student celebrates a victory ball day, with temperatures reaching 15 C in New 10. Temperatures are expected to range from 10 C to 15 C this week.



CONESTOGA
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'We're doing a survey, and we're giving away over

CONESTOGA
UNIVERSITY

\$500 in PRIZES

CBE, in cooperation with Student Affairs at Conestoga is sending out a survey to full time students to get your feedback on the recreation facilities and fees at Conestoga. We're giving away some great prizes to those who take about 5 minutes to fill it out, so make sure you do! Watch your Conestoga email about for your invitation in late November.

TO ENTER
watch your Conestoga email for our
RECREATION CENTRE SURVEY

Check your Conestoga email for more info

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Visit the CSI office on your campus to sponsor a Conestoga family by purchasing a gift or holiday food card.

Space is limited, so please sign-up between Nov 1-30.